

Oppressive Heat and Humidity Thursday Through Saturday



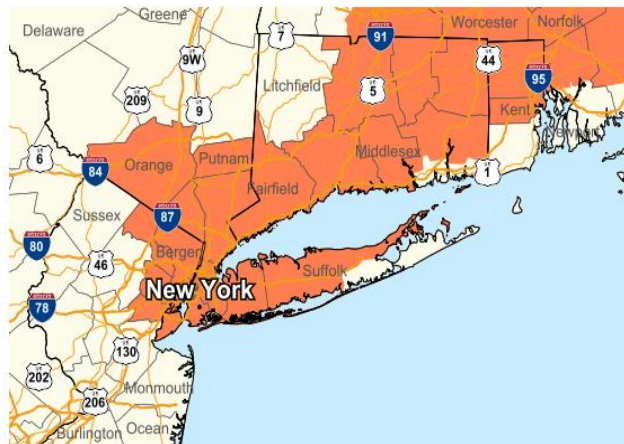
New York, NY
WEATHER FORECAST OFFICE

OVERVIEW

- Oppressive heat and humidity will build in from the Central and Southern US Thursday through Saturday.



Excessive Heat



Graphic Created
July 25th, 2023
4:17 PM EDT

HAZARDS & IMPACTS

- **Max Heat Indices –**
 - **Thursday** – Widespread Upper 90s to 104F on Thursday, with some isolated 105F possible across NE NJ.
 - **Friday** – Widespread 100 to 112F likely on Friday.
 - **Saturday** – 100 to 112 F possible on Saturday.
 - Low temperatures will range mostly in the mid to upper 70s, with lower 70s in the far outlying suburbs. Coupled with elevated humidity levels this will not allow for much cooling off at night.
- **Timing** – Max heat indices between noon and 8 pm each day.
- **Impacts** – There is an increasing risk of heat-related illness for vulnerable populations on Thursday, and possibly for all populations Friday into Saturday.

NWS ALERTS

- **Heat Advisory in effect for much of the region on Thursday**
- **Excessive Heat Watch/Warning may be need for Friday and possibly Saturday**

POST-EVENT OUTLOOK

- A cold frontal passage will bring relief on Sunday.

NEXT BRIEFING

- By 5pm Wednesday

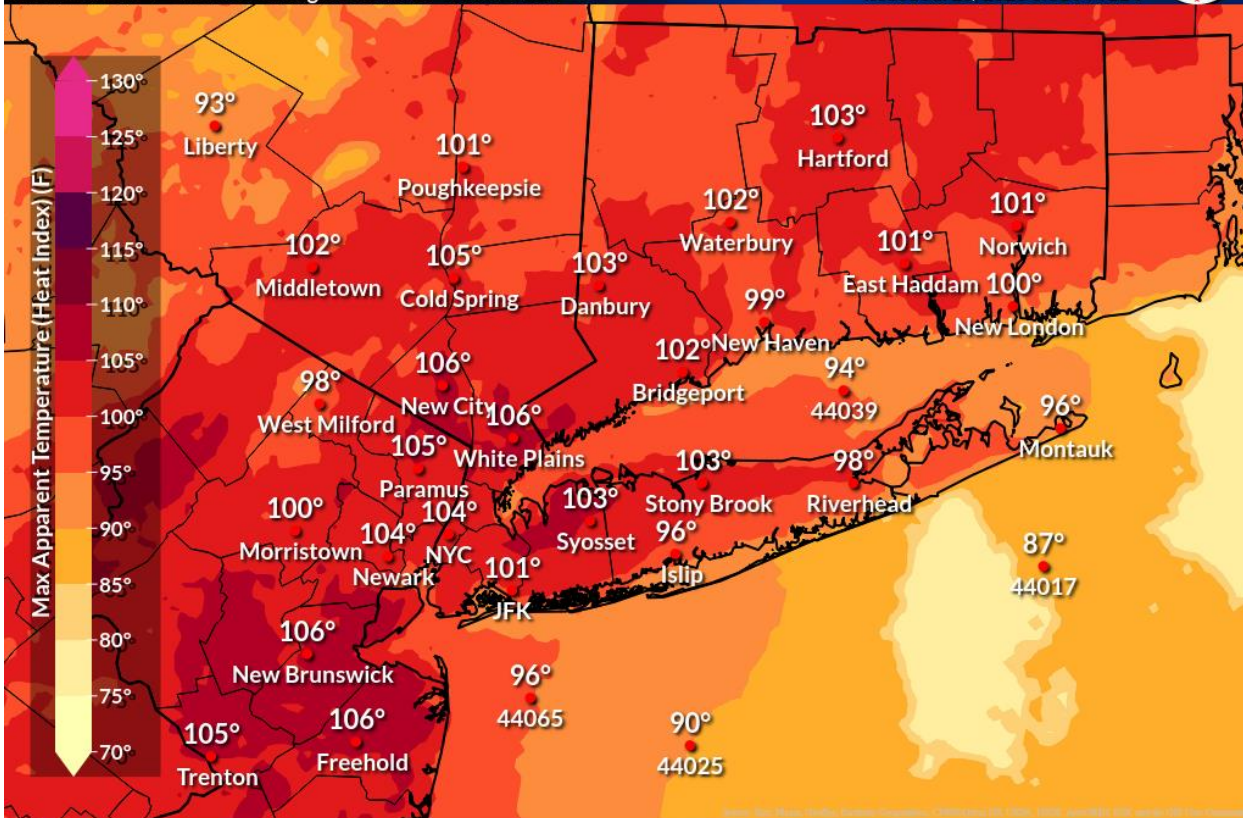


Thursday's Heat Index

Valid Thu Jul 27 8:00AM through Thu Jul 27 9:00PM EDT

Weather Forecast Office
New York, NY

Issued Jul 25, 2023 3:31 PM EDT



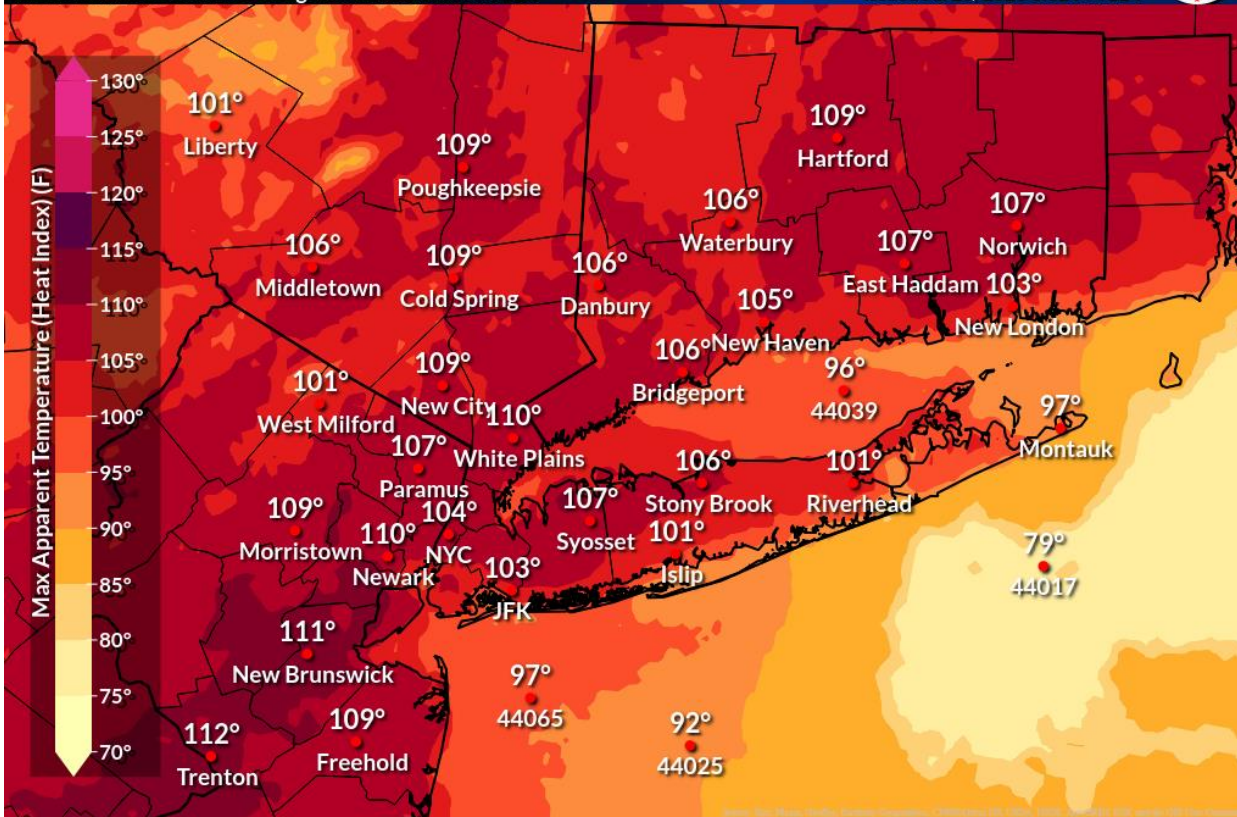


Friday's Heat Index

Valid Fri Jul 28 8:00AM through Fri Jul 28 9:00PM EDT

Weather Forecast Office
New York, NY

Issued Jul 25, 2023 3:32 PM EDT



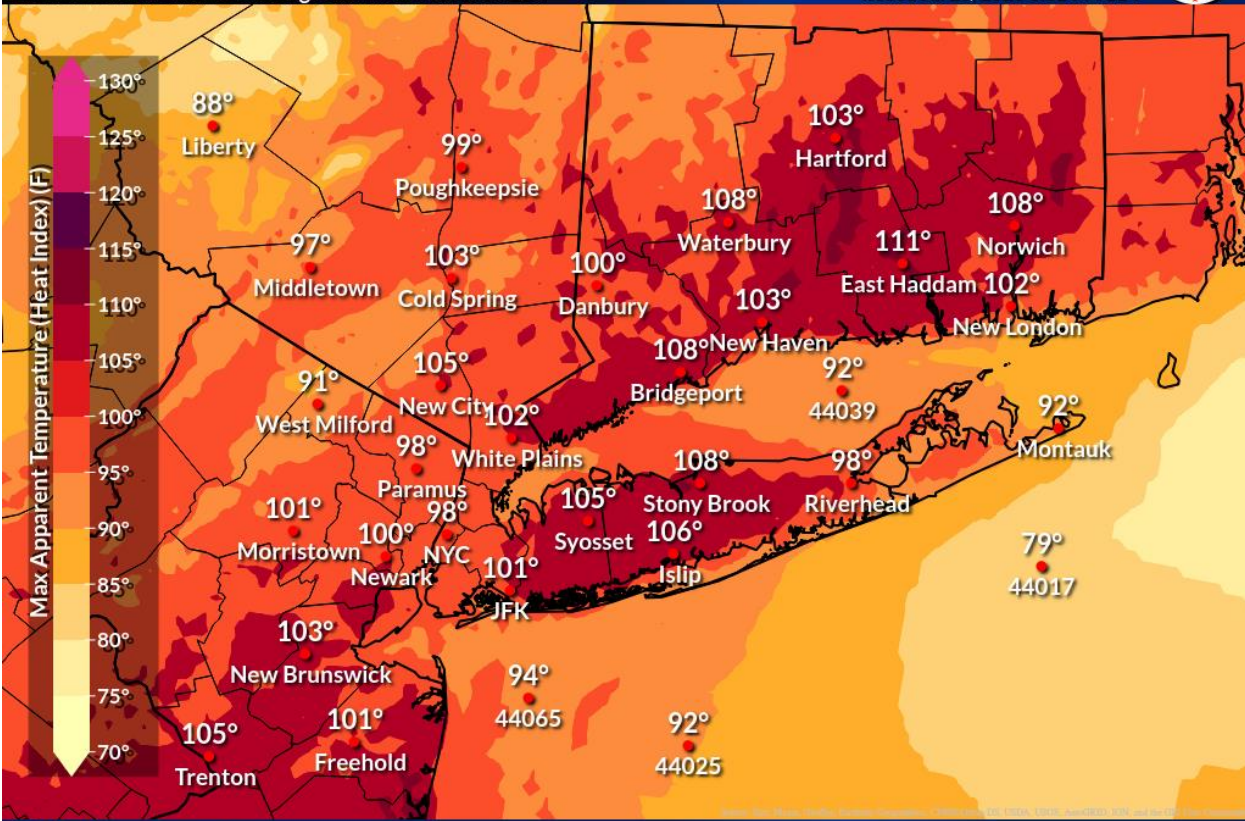


Saturday's Heat Index

Valid Sat Jul 29 8:00AM through Sat Jul 29 9:00PM EDT

Weather Forecast Office
New York, NY

Issued Jul 25, 2023 3:32 PM EDT



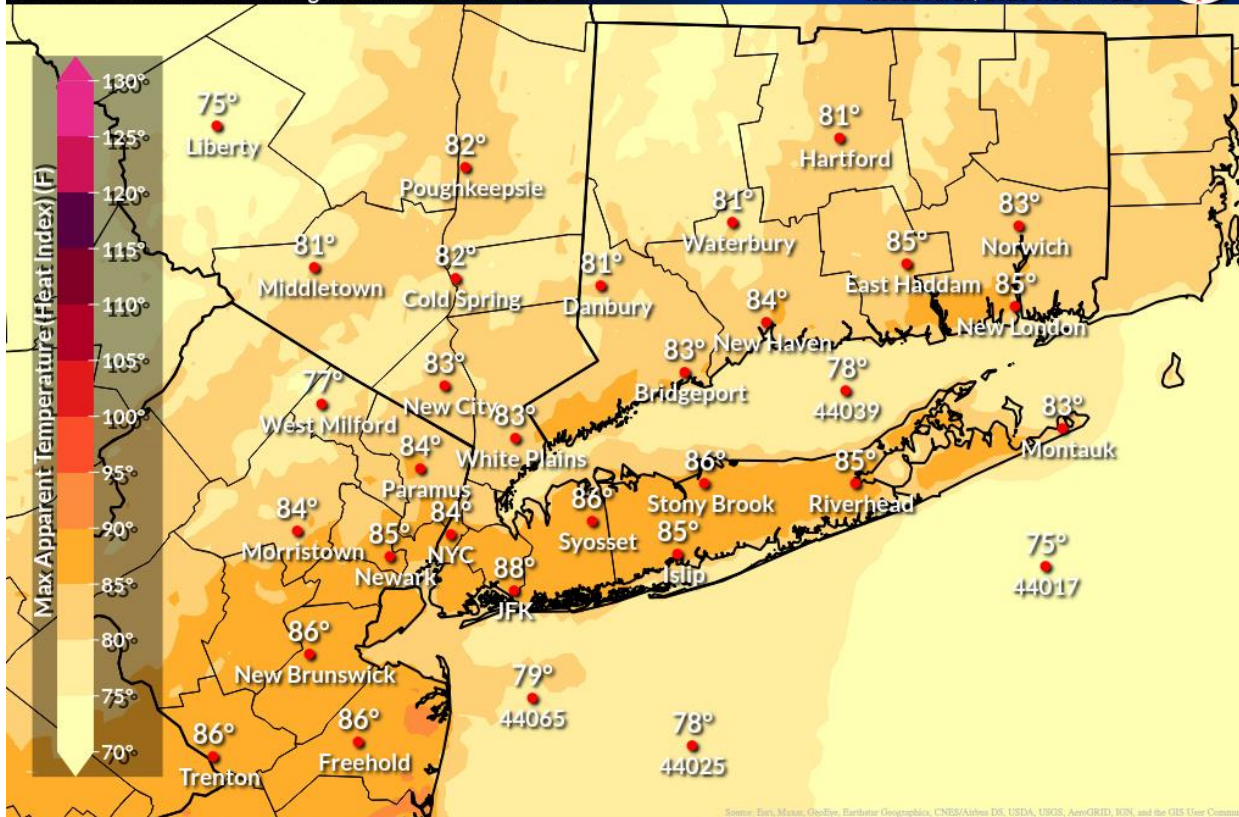


Sunday's Heat Index

Valid Sun Jul 30 8:00AM through Sun Jul 30 9:00PM EDT

Weather Forecast Office
New York, NY

Issued Jul 25, 2023 3:31 PM EDT

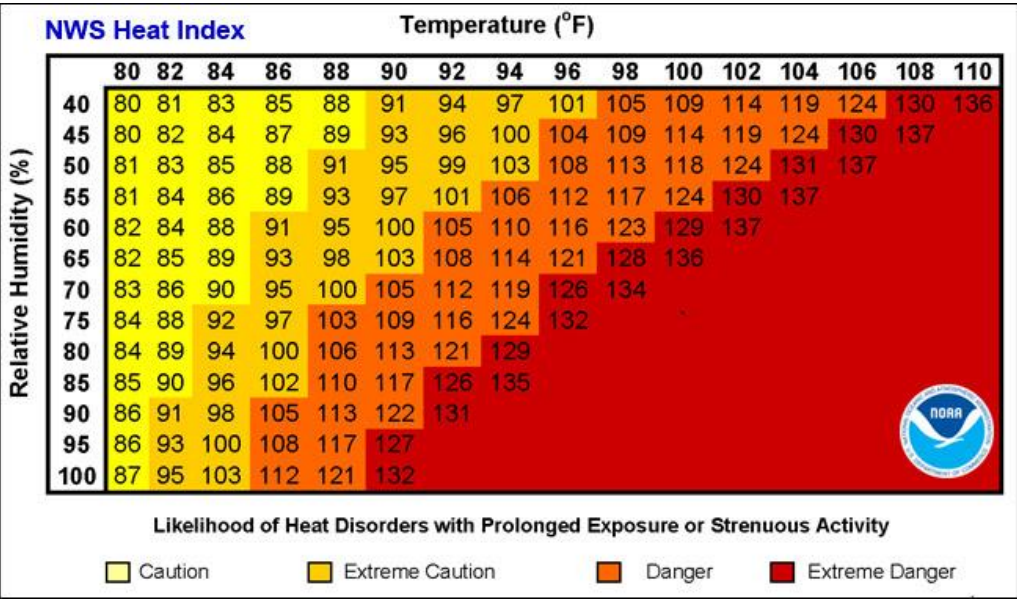


Source: Euro, Maxar, GeoEye, Earthstar Geographics, CNES/Airbus DS, USDA, USGS, AeroGRID, IGN, and the GIS User Community



The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:

<https://www.weather.gov/safety/heat>



Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely



Heat Impacts: *Vulnerable Populations*



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

weather.gov



https://www.weather.gov/wrn/heat_infographics



Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.



[weather.gov/heat](https://www.weather.gov/heat)



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible



Indoors

Check up on the
elderly, sick and those
without AC



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated

https://www.weather.gov/wrn/heat_infographics